

HEALTH RECOVERY PROGRAM for Bulging Disc

This handout will assist you in determining the best supplements to address your specific health challenge. I also recommend you ***consider adding*** the **Cellular Health Program** that provides your body with over-all health benefits that has helped so many others!

- **PAIN RELIEF COMPLEX** - This produce provides natural pain relief through a patent-pending combination of boswellia and safflower extracts, clinically proven to reduce pain.
- **OMEGAGUARD (omega-3 complex)** - This product helps reduces inflammation. Recommended take high levels to aid body in healing process.
- **Vital-Mag** – help your body with muscle aches and low back pain. Is a powerful sleep aid and reduces stress.

Consider adding Basic CELLULAR HEALTH Program:

- **VIVIX, Cellular anti-aging tonic** – Diseases are related to cellular deterioration and damage. Help your body address this damage with Vivix, which has been shown to help reduce inflammation, increase energy production and repair DNA at the cellular level. Discover what has helped others!
- **VITA-LEA, Multi-Vitamin and Mineral Supplement** – provide your cells the basic nutrients they require on a daily basis.